must, have to, need to: Obligation, prohibition, no necessity



Tips for running your first marathon

You don't have to be a world-class athlete to run a marathon. You don't even need to be super fit. But you do have to follow a good training programme. And you must start training several months before your first race.

For a few days before the big race, you must make sure you rest well and eat lots of carbohydrates. During the race itself, remember to drink lots of water. You mustn't get dehydrated.

Presentation

must, have to, need to

Use *must*, *have to* and *need to* to say that it is obligatory or very important to do something. There is very little difference between the three verbs in the affirmative.

Must suggests that the speaker thinks something is necessary: I must get up early tomorrow morning. (= I think it's very important.)

Have to and need to suggest that somebody else has made the decision: My trainer says I have to / need to get more practice over the full distance.

You can also use *must*, *have to* and *need to* to give advice: *You must start training as soon as possible.* (= this is my advice.)

mustn't

Use *mustn't* to express prohibition, or to say that it is very important not to do something:

You mustn't get dehydrated. (= It's very important that you don't get dehydrated.)

Spectators **must not** cross the road when the race is on. (= This is not permitted.)

don't have to, don't need to

Use don't have to and don't need to to show that ...

- something is not important or essential: You don't have to / don't need to be a world-class athlete to run a marathon.
- you can choose not to do something if you want: You don't have to / need to get up early to train; you can train in the evenings instead.

don't have to, mustn't

Notice the difference between *don't have to* and *mustn't:* You *don't have to* run every day. You can take a day off from time to time. (= There's no obligation, it's your choice.)

You mustn't run every day. You aren't fit enough. (= It's a really bad idea, it's prohibited.)

Obligation / Necessity	must	You must start training several months before your first race.
	have to	You have to follow a good training programme.
	need to	You need to run a distance of ten miles at least three times a week.
Prohibition	mustn't	You mustn't get dehydrated.
No obligation / No necessity	don't have to	You don't have to be a world-class athlete to run a marathon.
	don't need to	You don't need to be super fit.

Exercises

1	Choose	the	correc	t form
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- 1 You *have to / mustn't* train really hard if you want to run a marathon.
- 2 You need to / don't have to follow the advice of an expert if you haven't run a marathon before.
- 3 You *mustn't / must* run for at least two hours three or four times a week.
- 4 It can be quite hard at times but you *don't need to / mustn't* stop.
- 5 I *need to / don't need to* get up really early in the morning if I want to go running before work.
- 6 You *mustn't | don't need to* run every day if you don't want to, but I think it helps.
- 7 You *mustn't / don't have to* run the whole race. You can walk some of the way if you want.
- 8 You really *must / mustn't* be careful not to run too far when you first start training.

2 Ocomplete the texts using have to, don't have to and mustn't. Then listen and c

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I like my job. I ¹ wear a uniform. I can work in jeans and a T-shirt. I ² get up early. I start work at 12. But I ³ be late! The boss gets really angry if I'm late.



I love chess. You ⁴ be tall, or fast or strong to play!

Of course, you ⁵ be quick and intelligent. And you ⁶ let yourself get distracted. That's a sure way to lose the game!

3 Complete the second sentence using the word given so it has the same meaning as the first sentence.

1	It is esse	It is essential that you answer all the questions on the exam paper.	
	(must)	You	all the questions on the exam paper.
2	It isn't r	necessary for you to take me in	the car. I can go by bus.
	(need)	You	me in the car. I can go by bus.
3	It is sometimes necessary for us to work at weekends.		
	(have)	We	at weekends.
4	Smokin	g is not allowed in the school b	uildings.
	(must)	You	in the school buildings.
5	It is essential that you go to the front desk when you arrive.		
	(must)	You	to the front desk when you arrive.
6	You mu	st get a good night's sleep before	re an exam.

(need) You _____ a good night's sleep before an exam.

4 Write three things that you have to do and three things you mustn't do in your flat or house.

have to do		mustn't do		
1	•	4	•	
2	•	5	•	
3	•	6		